



Countywide Prevention Newsletter

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A Publication of
Fairfax County, Va.

COORDINATOR CORNER

- Denise Raybon

Prevention Goes National!

Last week, along with 40 plus colleagues, I had the opportunity to participate in an exciting four day conference focusing on Systems of Care. I was hooked during the very first general session when Larke Huang laid out the Ten Strategic Initiatives for the Substance Abuse and Mental Health Services Administration (SAMHSA). Can you guess what had top billing? Yes, the very first strategic initiative is:

Prevention of Substance Abuse and Mental Illness.

SAMHSA is leading the charge to create prevention prepared communities where individuals, families, schools, workplaces, and communities take action to promote emotional health and prevent and reduce mental illness, substance abuse including tobacco, and suicide across the lifespan.

National support for prevention was further evidenced by President Obama's June 10 signing of an Executive Order *Establishing the National Prevention, Health Promotion, and Public Health Council*.

This orders the establishment of a council consisting of top cabinet officials to provide coordination and leadership at the Federal level and among all executive departments pertaining to prevention, wellness and health promotion practices. The membership goes beyond the typical players by including the Secretaries of Agriculture, Homeland Security, Transportation and more. This council is tasked with the development of a **National Prevention and Health Promotion Strategy by March 23, 2011.**

Finally, The Affordable Care Act (Health Care Reform) includes a provision that has gotten very little attention in the general public. A Prevention and Public Health Fund was established to expand and sustain a national investment in prevention and public health.

These are exciting times and demonstrate a national priority on prevention and wellness which should be part of every branch of government. We should be proud of the fact that we have long worked this way in Fairfax County. We will follow the federal government's work closely in this area and look forward to shared lessons, tools and resources!

[Executive Order: National Prevention, Health Promotion, and Public Health Council](#)



NEIGHBORS IN NEED FUND AWARDS NEW GRANTS FOR SAFETY-NET AND MENTAL HEALTH SERVICES

- adapted from
The Businesswire
July 7, 2010

The Community Foundation for the National Capital Region announced today that it has awarded \$973,000 in new grants to 51 Washington-area nonprofits providing safety-net and mental health services to vulnerable residents throughout the Washington, DC metropolitan region.

"These new grants could not come at a better time," said Community Foundation President Terri Lee Freeman. "While the recession may be subsiding in some neighborhoods, it's actually getting worse in others."

A special feature of the spring 2010 round of Neighbors in Need Fund grants is support for mental health programs to help vulnerable residents deal with pain and loss on a very personal level. "The recession hasn't taken a toll just on people's jobs, bank accounts and mortgages. We can't overlook the psychological impact that losing one's livelihood or home has on people and their families."

The Fund is made possible by contributions from individuals, families, corporations and foundations.

[Full Article](#)

Mental Health Services Awards, Fairfax County

- Jeanie Schmidt Free Clinic, Herndon
- Northern Virginia Family Service, Oakton

Direct Services Awards, Fairfax County

- Arlington Street People's Assistance Network, Arlington
- Arlingtonians Meeting Emergency Needs, Arlington
- Doorways for Women & Families, Arlington
- Fairfax Area Christian Emergency and Transitional Services, Fairfax
- Food for Others, Fairfax
- Good Shepherd Housing and Family Services, Alexandria
- Legal Services of Northern Virginia, Falls Church
- Neediest Kids, McLean
- NOVA ScriptsCentral, Reston
- Reston Interfaith, Reston
- Shelter House, Falls Church
- United Community Ministries, Alexandria

NATIONAL ASSOCIATION OF COUNTIES RECOGNIZES FAIRFAX COUNTY YOUTH SURVEY FACT SHEETS

- Mary Nelms

Countywide Initiatives Assistant

The 2008 Youth Survey Key Issue Fact Sheets were honored in the category of **Civic Education and Public Information** by the National Association of Counties.

The Key Issue Fact Sheets were conceived of and created in response to the growing amount of data available from the Youth Survey and the desire to disseminate this information to the community in a way that would be informative, useful, and not overwhelming.

Key Issue Fact Sheets

- **NEW!** Nutrition and Physical Activity
- Risk and Protective Factors
- Teenage Alcohol Use
- Teenage Depression and Suicide
- Teenage Drug Use
- Teenage Inhalant Use
- Middle Schoolers
- High School Girls

In a time of tight budget constraints and increased environmental awareness, the Key Issue Fact Sheets capitalize on the wide-spread availability of technology in our community to provide ready access to the fact sheets on an as-needed basis, reducing the fiscal and environmental costs of printing, distributing, and maintaining inventory.

Availability on the Web improves service to the community by broadening the scope of residents with access and making the fact sheets available on demand.



ADDRESSING THE INTERSECTION: NEW BRIEF CONNECTS SAFETY TO HEALTHY EATING AND PHYSICAL ACTIVITY

-Prevention Institute,
May 18, 2010

What does safety have to do with physical activity and healthy eating? A great deal, according to a first-of-its-kind report released from Prevention Institute.

[Addressing the Intersection: Preventing Violence and Promoting Healthy Eating and Active Living](#), finds that we must prevent violence if we are to be successful in preventing chronic disease.

Healthy eating and active living has become a national priority, but when people don't feel safe in their communities, they are less likely to use local parks, access public transportation or let their children walk to school or play outside. Until now, very little research on the impact of community violence on healthy eating and activity—and potential solutions—has been done. The Kaiser Permanente-funded report

conducted interviews with community advocates as well as strategy sessions with national experts. **The final product makes a compelling case for embedding**

safety strategies into community efforts to promote healthy eating and physical activity.



To download full report, select from [Associated Files](#)

NEW RESEARCH FINDS LINK BETWEEN DRUG ABUSE AND OBESITY

- Community Anti-Drug
Coalitions of America

Some of the same brain mechanisms that fuel drug addiction in humans accompany the emergence of compulsive eating behaviors and the development of obesity in animals, according to research funded by the National Institute on Drug Abuse, a component of the National Institutes of Health.

When investigators gave rats access to varying levels of high-fat foods, they found unrestricted availability

alone can trigger addiction-like responses in the brain, leading to compulsive eating behaviors and the onset of obesity.

"Drug addiction and obesity are two of the most challenging health problems in the United States," said Dr.

Nora D. Volkow, director of NIDA.

"This research opens the door for us to apply some of the knowledge we have gathered about drug addiction to the study of overeating and obesity."

Both obesity and drug addiction have been linked to a dysfunction in the brain's reward system. In both cases overconsumption can trigger a gradual increase in the reward threshold — requiring more and more palatable high fat food or reinforcing drug to satisfy the craving over time.

The results support the notion that type 2 dopamine receptors (D2DR) — brain receptors that have been shown to play a key role in addiction — also play a key role in the rats' heightened response to food.

"The results of this study could provide insight into a mechanism for obesity," said Paul J. Kenny, one of the study's co-authors and an associate professor at the Scripps Jupiter, Fla., research facility. "It's possible that drugs developed to treat addiction may also benefit people who are habitual overeaters."

Study results also suggest that environmental factors, such as increased or unlimited access to high-fat food options, can contribute to the problem of obesity.

"Hopefully, this study will change the way people think about eating," said Paul Johnson, a co-author and graduate student in the department of molecular therapeutics.

[Full CADCA Article](#)

STUDY SHOWS OBESITY RATES STILL RISING

-adapted from
Associated Press Article
by Mary Clare Jalonick

An annual obesity report by two public health groups includes more bad news — obesity rates increased in 28 states last year. The survey shows an increasing awareness of obesity and its threat to public health, though that knowledge has yet to translate into results.

"This report, [F as in Fat: How Obesity Threatens American's Future 2010](#), shows that the country has taken bold steps to address the obesity crisis in recent years, but the nation's response has yet to fully match the magnitude of the problem," said Jeffrey Levi, executive director of the Trust for America's Health, which writes the annual report with the Robert Wood Johnson Foundation.

The new survey shows that 84 percent of parents believe their children are at a healthy weight, even though nearly a third of children and teens are considered obese or overweight.

Mississippi continued its six-year reign as the country's fattest state in the study's yearly rankings, along with the highest rates of physical inactivity and hypertension. The state also has the second highest rate of diabetes.

Last year, four states — Mississippi, Alabama, Tennessee and West Virginia — had obesity rates of over 30 percent. This year, four more states have that distinction, bringing the total to eight states with rates over 30 percent. Those states were

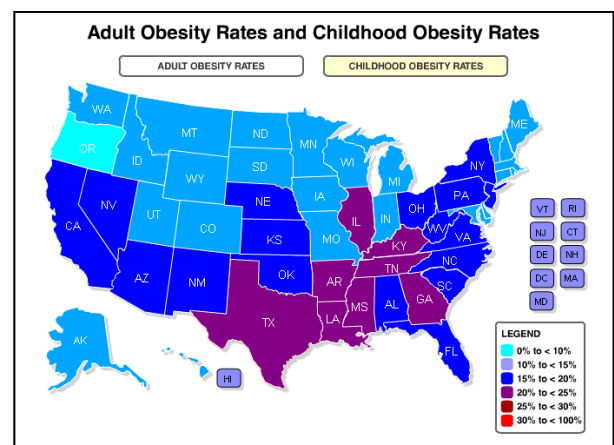
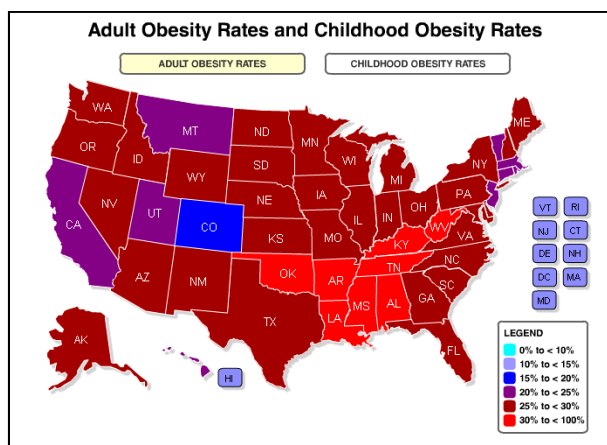
Louisiana, Kentucky, Oklahoma and Arkansas. The District of Columbia was the only area to see a decline in adult obesity rates.

The report also details racial disparities in obesity, showing that obesity rates for blacks and

The rise in obesity rates has been sharp in the last 20 years. More than two-thirds of states now have adult obesity rates above 25 percent. In 1991, no state had an obesity rate above 20 percent.

Latinos were higher than for whites in 40 states and the District of Columbia.

In addition to the data findings, the full [F As in Fat](#) report outlines initiatives being undertaken at the federal and state level and policy recommendations for action.



[Full Article](#)
[Interactive US maps for Adult and Child Obesity Rates](#)
[Full Report](#)



FAIRFAX COUNTY AND SCHOOLS PARTNER IN HEALTH-RELATED PREVENTION

- Barbara Yow
Fairfax County
Health Department

The Fairfax County Public School Board adopted a wellness policy to promote student health and contribute to the reduction of childhood obesity. The policy was implemented using guidelines developed by the Office of Food and Nutrition services in conjunction with the Office of Health and Physical

Education considering input from other agencies, departments, parents, and students.

The **Annual GOLDEN Wellness** Award program was initiated as a part of the Wellness Policy. The Award is designed to recognize schools that

are focused on wellness in their schools and in their communities. Pat Trahan is the Health Department representative to the WELLNESS TASK FORCE which supports these wellness activities.

Contact: Pat Trahan
Patricia.Trahan@fairfaxcounty.gov

9-5-2-1-0 ZIP CODE FOR HEALTH is a program from the INOVA HEALTHY KIDS COALITION that promotes nutrition and physical activity learning at a young age and leads to healthy life styles across the age span. The School Health Nurse participated with FCPS teachers in the pilot program this past school year at one elementary school. This coming school year (SY 10-11), the program will be expanded to all elementary schools under the sponsorship of FCPS Food and Nutrition Services. The Public Health Nurses will work side by side with the school staff to provide resources, teaching, and planning for the program at their elementary school site. The program incorporates teaching plans and cognitive as well as physical learning activities for students.

Visit [Tipping the Scales for Better Health](#) for valuable resources.

Contact: Barbara Yow Barbara.Yow@fairfaxcounty.gov

Public Health Nurses from each of the School Health teams work with the Fairfax County Police Department each summer as resource and health teaching staff to the **Road DAWGS Camps**. These camps provide healthy activities for youth who might otherwise become involved in risky behaviors.

School Nurses from the Springfield District Office created a **nutrition program for a multi cultural group in the Parent Center** at Annandale Terrace Elementary School. The program includes a presentation outlining the basic food groups, how to balance eating and exercise, and making healthy food choices. There are two interactive activities, one with a felt board that utilizes the food pyramid and identifies the appropriate food group and a nutritional Bingo game using beans as markers. The program ends with a cooking demonstration of a healthy, low fat quick and easy snack. The program has been so successful, they have taken it to other schools and shared the information in a Poster Presentation at the annual School Health meeting last month.

The Health Department coordinates **health information displays for county libraries** including fitness and nutrition. Contact Margie Gastrock at 703-246-2411 for further information on the library displays.

“THE PERILS OF THE COLLEGE DRINKING CULTURE” -Becky Todd York Unified Prevention Coalition FCPS

The crisis of binge drinking on college campuses is the focus of an upcoming program Fairfax County parents and college-bound students are urged to attend. The Fairfax County Police Department (FCPD), Countywide Initiative to Reduce Underage Drinking (CIRUD), and Northern Virginia Community College (NVCC) will present “The Perils of the College Drinking Culture” on July 28. This is a repeat of a highly successful program in May that attracted nearly 250 parents and students.

The program will feature a screening and panel discussion on a powerful documentary, “HAZE,” which looks at the crisis of binge drinking and hazing on college campuses. The documentary is a must-see for all parents and their college-bound teens, as well as anyone else concerned about underage drinking.

Those attending the first program gave it high marks, noting that it was a great opportunity for parents and students to learn how they can best prepare to handle difficult issues they will face here at home as well as on college campuses next fall. “This program should be extended across Virginia, in every community,” wrote one parent. “HAZE should be required viewing for all high school students,” commented another.

Parents are encouraged to attend with their student. As one parent commented in May, “Thank you for this opportunity to address this issue WITH my 17-year-old son.”

Featured speakers and panelists will include: Fairfax County Police Chief David Rohrer; Dr. William Hauda, emergency physician, Inova Fairfax Hospital; Raymond F.

Morrogh, Commonwealth’s Attorney for Fairfax County; Captain Bruce Ferguson, FCPD; Jeff Levy, father of a student who died following drinking at a college party; Ryan Smith, a Virginia Tech graduate student; and Diane Eckert, prevention specialist. A question and answer session will follow.

At the May 26 event, speakers and panelists included Rohrer, Morrogh, Levy, and Eckert, as well as NVCC Dean Athos Brewer; Dr. Margaret Griffen, Chief of Trauma Services, Inova Fairfax Hospital; Captain Susan H. Culin, FCPD Traffic Division Commander; Mary Ann Sprouse, Director of Alcohol, Drug and Health Education, George Mason University; and George Young, Director of Outpatient Services, National Counseling Group.

“The Perils of the College Drinking Culture”

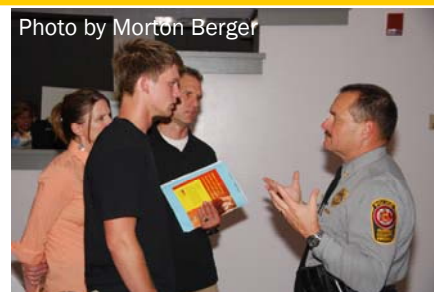
Wednesday, July 28 (7-8:30 p.m.)

Location: Northern Virginia Community College, Richard J. Ernst Community Cultural Center Forum, 8333 Little River Turnpike, Annandale, VA 22003; **Parking in Visitor's Section of Parking Garage only. Coupons for free parking distributed at the event.**

For more information: Lucy Caldwell, Fairfax County Police Department, 703-246-3271



250 attend first Perils of the College Drinking Culture event



FCPD Chief David Rohrer talks with a family at the May event



FAIRFAX COUNTY PARENT-TEEN RESOURCE GUIDE ON ALCOHOL AND DRUG SERVICES AVAILABLE ONLINE

-Becky Todd York
Unified Prevention
Coalition FCPS

A *Parent-Teen Resource Guide on Alcohol and Other Drug Services in Fairfax County* has been produced by the Unified Prevention Coalition (UPC) of Fairfax County Public Schools (FCPS) and is now available online.

The guide was created by the UPC's Fairfax Countywide Initiative to Reduce Underage Drinking (CIRUD) after hearing from parents that such a guide was needed.

"The resource guide is a first step to help parents and teens who may need help in finding education, intervention, and treatment related to alcohol and other drug use for themselves, a loved one, or a friend," said Sara Freund, CIRUD chair.

CIRUD is supported by 50 organizations including 19 FCPS school-community coalitions, school officials, county government agencies, local law enforcement groups, the Fairfax

County Council of PTAs, Northern Virginia Mothers Against Drunk Driving (MADD), the Fairfax Partnership for Youth, Fairfax-Falls Church Community Services Board, Faith Communities in Action, Inova HealthSource, pediatrician groups, Washington Regional Alcohol program (WRAP), Farmers Insurance, National Counseling Group, HCA Virginia, and Virginia College Parents.

Federal grant funds from Drug-Free Communities Support program were used to develop this resource guide.

www.unifiedpreventioncoalition.org

NEW STATE REQUIREMENT AFFECTS ALL STUDENTS APPLYING FOR FIRST DRIVER'S LICENSES

-Becky Todd York
Unified Prevention
Coalition FCPS

Beginning in September, a new state requirement—affecting all students applying for a juvenile driver's license—**will require each student and his or her parent or guardian to complete a 90-minute Virginia Department of Education (VDOE) parent-teen driving program.**

This program will be required—in addition to successful completion of the classroom and behind-the-wheel instruction driver education course—to obtain a driver's license.

The Fairfax Countywide Initiative to Reduce Underage Drinking (CIRUD) was instrumental in advocating for the new law that will mandate driver safety training on Virginia law related to underage drinking and the impact of alcohol on teen development. ***The new law is effective September 2010*** for all parents of teen drivers in Arlington, Fairfax, Loudoun, and Prince William counties as well as the cities of Alexandria, Fairfax, Falls Church, and Manassas Park.

The parent-teen driving program will be provided at all Fairfax County high schools once during each quarter of the school year. Dates, times, and locations will be advertised through driver education classes and on the FCPS public web site.

For more information, contact the K-12 coordinator for health, family life education, and physical education.

Contact Liz Payne 571-423-4553 or etpayne@fcps.edu.



PARTNERS IN PREVENTION FUND RELEASES REQUEST FOR PROPOSAL

-Sarah White
PIPF Coordinator

Fairfax County's Partners in Prevention Fund (PIPF) has released a request for proposal (RFP) seeking community partners to implement prevention focused programs for youth and their caretakers addressing teen depression/suicide prevention and to teach parenting skills. Funding is available to implement this programming in a variety of settings, including faith communities, community centers, schools and non-profits. The RFP is supporting the following programs:

Parents Raising Safe Kids, also known as ACT Against Violence is a national research-based initiative

designed to educate communities and families to create safe, healthy environments that protect children and youth from violence. The program consists of weekly two hour sessions for a minimum of 8 weeks.

Further information can be found at: [Act Against Violence](#)

Lifelines is a comprehensive suicide prevention program for middle and high school students. Lifelines can be conducted in four 45 minute sessions or two 90 minute sessions.

Further information can be found at: [About Lifelines](#)

Youth ACT is a High School or Middle School depression awareness and suicide prevention program. The action oriented approach instructs students how to ACT (Acknowledge, Care and Tell) in the face of this mental health emergency. The Youth ACT program can be conducted in one or two sessions.

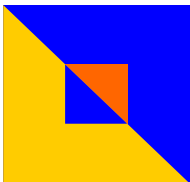
Further information can be found at:

[Screening for Mental Health](#)

For more information, visit

[Solicitations and Provider Opportunities](#)

Submissions must be received by Thursday, August 5, 2010, 4 p.m.



PARTNERS IN PREVENTION FUND UPDATE

-Sarah White
PIPF Coordinator

June 30, 2010 marks the end of the second year of funding for the Partners in Prevention Fund. Our community partners in the second year of funding were **FACETS, Reston Interfaith, BPSOS, United Community Ministries (UCM), South County Youth Network (SCYN), Bethlehem Baptist Church, Frog Pond Early Learning Center and Beacon Hill Preschool.**

Together, these partners ran 16 We Can! Programs, 8 Safe Dates programs and 4 AI's Pals Programs. In addition, 15 home day care programs ran the Portage program. In total, approximately

400 children were involved in Partners in Prevention Fund programming.

Year Three of the Partners in Prevention Fund program begins July 1, 2010. The year will start off with two partners, Bethlehem Baptist Church and South County Youth Network running summer enrichments programs that will incorporate Prevention Fund programs.

Beginning in the fall, community partners will continue to run the Safe Dates, We Can!, AI's Pals and Portage programs, and we will also

be introducing some new programming designed to address teen depression and parenting skills. By offering these new programs in addition to our existing programming, we hope to broaden the reach of the Countywide Prevention System and continue to ensure that children in Fairfax County are physically fit with good nutritional habits, enter kindergarten fully ready to succeed, are safe from violence and bullying, are mentally well and that families have the skills and supports needed to raise healthy and thriving children.



SUMMER ENRICHMENT PROGRAMS REDUCE SCREEN TIME

-Sarah White,
PIPF Coordinator

Two summer camps in the Alexandria area will be running Partners in Prevention Fund programs as part of their enrichment curriculum. The first camp is sponsored by the **South County Youth Network** and is being held at the Meadow Woods Apartment Complex. This camp, intended for children entering grades 3 through 7 runs from July 6 through August 6. In addition to academic tutoring, participants will be engaging in the We Can! program S.M.A.R.T., (Student

Media Awareness to Reduce Television). This curriculum presents fun activities and learning experiences designed to help reduce the negative effects of excessive television, videotape and video game use.

Bethlehem Baptist Church of Alexandria will also be using We Can! curriculum in their summer camps, which also begin July 6. In addition to the SMART program, Bethlehem Baptist Church will also be offering the Media Smart

program to camp participants. This program encourages healthy behaviors in children by empowering them to make thoughtful decisions about nutrition and physical activity, and helps them navigate the complex media messages they receive about food.

The **Partners in Prevention Fund** is excited to work with both organizations to offer these summer enrichment programs to the community!

PARTNERS IN PREVENTION FUND APPLIES FOR FEDERAL GRANTS

-Sarah White,
PIPF Coordinator

The Partners in Prevention fund recently participated in two large Federal grant applications. The first, **Project Launch**, would provide funding from the Substance Abuse and Mental Health Services

Administration (SAMSHA) of the Department of Health and Human Services. If Fairfax County is awarded this grant money, the PIPF will participate in a multi-agency initiative intended to improve wellness outcomes among young

children and their families and to decrease poor wellness outcomes among racial and ethnic groups. The focus will be to switch from a system where children and families participate in individual programs that enhance wellness to one where Fairfax's young child wellness system meets the broad and inter-related needs of families.

The other application is offered by the Department of Health and Human Services' Office of Adolescent Health, **Preventing and Mitigating Disparities in Teen Pregnancy**. If Fairfax County

is awarded money from this initiative, the PIPF will participate in programs that will target areas of the county where there are high disparities in teen pregnancies. Recognizing that these disparities are likely rooted in cultural and community norms, the approach will be to target the areas with services and programs that are culturally sensitive, relevant and competent.

Both of these grant opportunities will offer exciting new opportunities for the Partners in Prevention Fund and for Fairfax County's overall Prevention System. Grant awards for both programs will be announced in September.



THE SILENT BUT DEADLY WEAPON IN DATING VIOLENCE: TEXTING

-adapted from *The Washington Post*
article by Donna St. George
June 21, 2010

The text messages to the 22-year-old Virginia woman arrived during the day and night, sometimes 20 or 30 at once. Her ex-boyfriend wanted her back. He would not be refused. He texted and called 758 times. It is all part of what is increasingly called "textual harassment."

Harassment is "just easier now, and it's even more persistent and constant, with no letting up," says Claire Kaplan, director of sexual and domestic violence services at the University of Virginia, which became the focus of national attention in May with the [killing of 22-year-old lacrosse player Yeardley Love](#).

Kacey Kirkland, a victim services specialist with the Fairfax County Police Department, has seen textual harassment in almost every form: Threats. Rumors. Lies. Late-night questions.

"What technology offers is irrefutable evidence of the abuse," says Cindy Southworth, founder of the [Safety Net Project](#) on technology at the National Network to End Domestic Violence, who says it helps in court and is hoping for an increase in conviction rates.

"The advances in technology are assisting the perpetrators in harassing and stalking and threatening their victims."

- Kacey Kirkland

As a parent, Lynne Russell thinks **the privacy of text messaging helped obscure the danger** that her daughter, Siobhan "Shev" Russell, 19, faced. The teenager from Oak Hill, Va., was [killed by her boyfriend in April 2009](#).

"When I was growing up, we had one phone in the whole house, and if you were fighting with your girlfriend, everybody knew about it," says Gary Cuccia whose daughter [Demi Brae, was killed](#) a day after her 16th birthday in 2007.

"If you're getting 50 messages an hour and you want 50 messages an hour, that's not a problem," says Marjorie Gilbert, executive director of [Break the Cycle](#), which works to end dating violence. "But if you're getting 50 messages an hour and you don't even want one, that's very different."

These sorts of topics are addressed through a teen help line called [Love Is Respect](#) and several national awareness campaigns, including MTV's effort on digital abuse, [A Thin Line](#), a joint effort on digital dating abuse called [That's Not Cool](#) and the initiative [Love Is Not Abuse](#).

[Full Article](#)

Dating Abuse Prevention Efforts by Local Colleges

- Dozens of colleges have joined the [Red Flag Campaign](#), an awareness program begun in Virginia a few years ago that encourages students to watch for signs of dating violence and speak up to help friends.
- University of Virginia— holds university-sponsored awareness events as part of freshman orientation.
- The University of Maryland—encourages events that raise the issue; offers programs designed to prevent violence.
- George Mason University— created a policy that addresses dating violence; health department staff members are trained to ask follow-up questions and offer help if a student comes in with certain injuries.
- Georgetown - has ongoing events to raise awareness.

What's needed, said Juley Fulcher of [Break the Cycle](#), are clear school policies and procedures, and education for students and staff members on dating violence, much as sexual harassment was addressed on campuses in the 1970s and '80s.

- adapted from Washington Post Article "Schools Respond to Sexual Violence", 5/24/10

[Full Article](#)



SCHOOLS TRYING TO PREVENT AND RESPOND TO SEXUAL VIOLENCE

-adapted from The Washington Post article by Susan Kinzie May 24, 2010

When [Yeardley Love was found dead](#), the death of the University of Virginia senior, and the murder charge against her classmate George Huguely, defied the stereotype for students who couldn't

It's easy to follow someone on campus and know his or her routines. "People go to class, they go back to their dorms, they go to the same places to eat. It's really easy to intercept them."

- Connie Kirkland, director Sexual Assault Services, George Mason University

imagine such a brutal crime on a college campus.

Now some students and school officials are wondering whether they are doing enough to prevent problems and recognize that dating violence can happen anywhere.

College, which seems safe, with sheltered campuses, nearby friends and adults looking out for students, can be surprisingly dangerous.

In Fairfax County, a 2008 survey of young people prompted concerns about issues such as depression, suicide and dating violence, and administrators added a lesson to the ninth-grade curriculum. About 7 percent of those who responded said a boyfriend or girlfriend had intentionally caused them physical harm. Nearly 5 percent of the

teenage boys and girls surveyed said they had been forced to have sex.

"It's incredibly common both at the high school and college level," said Juley Fulcher, director of policy programs for [Break the Cycle](#), a nonprofit organization that tries to end teen dating violence. Some studies suggest that one in five relationships at college involves violence. Sixteen-to-24-year-olds have the highest reported incidence of domestic and dating violence, according to Department of Justice statistics.

[Full Article](#)

See chart on page 10 for some college prevention efforts.

ONLINE BULLIES PULL SCHOOLS INTO THE FRAY

-adapted from The New York Times article by Jan Hoffman, June 28, 2010

The girl's parents, wild with outrage and fear, showed the principal the text messages: a dozen shocking, sexually explicit threats, sent to their daughter the previous Saturday night from the cellphone of a 12-year-old boy.

"Punish him" - insisted the parents

The incident occurred out of school and on a weekend. Confronting the

other parents was awkward, police action too protracted and outcome uncertain.

Schools these days are confronted with complex questions on whether and how to deal with cyberbullying. The extent of the phenomenon is hard to quantify. But one 2010

study by the Cyberbullying Research Center defined bullying as **"willful and repeated harm inflicted through phones and computers"** and reported one in five middle-school students had been affected.

Over the next few days, the principal, assistant principal, guidance counselor, social worker and an elementary school principal looked into it.

By Thursday, the principal telephoned the girl's parents with the unsettling conclusion: The boy had never sent the texts. The lost phone had been found by someone else and used to send

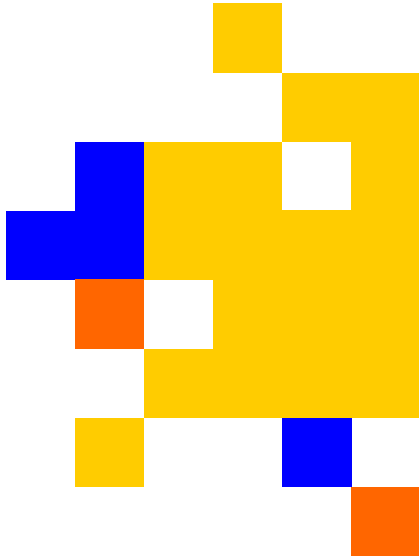
the messages.

A few states say that school conduct codes must explicitly prohibit off-campus cyberbullying; others imply it; still others explicitly exclude it. Some states say that local districts should develop cyberbullying prevention programs but the states did not address the question of discipline.

Judges wrestle with new questions about protections on student speech and school searches.

These issues have begun their climb through state and federal courts, but so far, rulings have been contradictory, and much is still to be determined.

[Full Article](#)



We would like to congratulate Denise Raybon on her new position as Senior Associate with The Cadmus Group. We thank her for the vital work that she has performed as the Countywide Coordinator in Fairfax County for the past five years and wish her the very best in her future endeavors.

ARE YOU TALKING PREVENTION?

Send us an update on how you are spreading the word about prevention or furthering the prevention system goals.

Fall 2010 Countywide Prevention Newsletter

Submit articles to Mary Nelms
by November 5, 2010

We hope you find this newsletter useful.
Feel free to forward it to others who may
also make use of the information
included.



To request this information in an alternate format,
contact Mary Nelms

VISIT OUR WEBSITES

www.fairfaxcounty.gov/dsm/prevention

www.fairfaxcounty.gov/youthsurvey

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A Publication of
Fairfax County, Va.